



Simple Baked Tofu

Serves 4-6 | Prep 35 min | Cook 30 min | Ready in 45 min

This is one of the first ways that I learned to prepare tofu, and it is full proof! My whole family loves it, and there are many so health benefits to this nutrient-rich food! I find it is easy to also throw sheet pan veggies in the oven to roast while the tofu is cooking (on a different cookie sheet). Efficiency is key in the kitchen!

INGREDIENTS

The Basics

- 2 packages extra firm, organic tofu
- 1 tablespoon coconut oil

Spices

- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons nutritional yeast (AKA nooch)

DIRECTIONS

1. Prep your extra firm tofu for cooking
2. Drain tofu from its package.
3. Wrap in dish towel or paper towels and place a weighted object on top to help push out more water. I usually just use our fruit bowl, don't get fancy. Recently, I bought a tofu press from Amazon which is very convenient! But honestly the towel method works just as well.
4. Let sit for at least 30 minutes. The more liquid you can get out, the crispier you'll be able to get it. Sometimes I let it sit overnight. You may also put it in the fridge if you plan to leave it for awhile.
5. Chop tofu into cubes or steaks
6. Toss cubed tofu (or brush steaks) with 1-2 tablespoons of preferred oil.
7. Toss with spices and stir to coat well
8. Layer tofu evenly on a cookie sheet with parchment paper
9. Place in oven and bake at 425 degrees for 30 mins, stir halfway around 15 minutes
10. Enjoy!

NOTES

You can add baked tofu to any salad, pasta, burrito bowl, stir fry, etc. It really takes a dish to the next level of savory and satisfying. We also just enjoy it with roasted vegetables and rice often!

I will set the tofu out to drain hours before starting dinner. This cuts down on the prep time drastically.

Pro tip: If you don't have time to fuss with draining tofu, you can buy it already water drained, and it's just as good!